**Primary Children’s Insulin and Blood Glucose Tracking Sheet**

**Phone**: 801-662-1640 **Fax**: (801) 587-7539 **Email**: diabetes@imail.org **Website**: primarychildrens.org/diabetes

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| If you are a new onset (until your first provider visit) please email to **diabetes@imail.org** every 2-3 days before noon Monday-Friday**.** Put in the subject line “NEW ONSET”. | If you are having multiple daily lows (bg <80) please e-mail this record and call the clinic 801-662-1640 option #4 so it can be addressed that day. |

**Patient name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­\_\_­\_\_\_­­­­­ **DOB:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date of diagnosis:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Parent/Guardian name(s):**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Best phone number:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Email Address:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Provider:** □ Al-Hamad □ Clements □ Foster □ Hamaker □ Ize-Ludlow □ Murray □ Raleigh □ Raman □ Smego □ Timme □ Brown □ Galbraith □ Wellisch

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| **Long-acting insulin: □ Lantus □ Levemir □ Basaglar □ Tresiba □ Toujeo** |
| **Rapid-acting insulin: □ Novolog □ Humalog □ Admelog □ Apidra □ Lispro** | **Date Adjusted** |
| **Insulin to Carbohydrate Ratio** | Breakfast: \_\_\_\_ unit(s) insulin per \_\_\_\_ grams of carb | Lunch: \_\_\_\_ unit(s) insulin per \_\_\_\_ grams of carb  | Dinner: \_\_\_\_ unit(s) insulin per \_\_\_\_ grams of carb |  |
| Breakfast: \_\_\_\_ unit(s) insulin per \_\_\_\_ grams of carb | Lunch: \_\_\_\_ unit(s) insulin per \_\_\_\_ grams of carb  | Dinner: \_\_\_\_ unit(s) insulin per \_\_\_\_ grams of carb |  |
| Breakfast: \_\_\_\_ unit(s) insulin per \_\_\_\_ grams of carb | Lunch: \_\_\_\_ unit(s) insulin per \_\_\_\_ grams of carb  | Dinner: \_\_\_\_ unit(s) insulin per \_\_\_\_ grams of carb |  |
| **Correction Factor** | \_\_\_\_ unit(s) insulin for every \_\_\_\_\_ BG points above \_\_\_\_\_\_/ \_\_\_\_\_\_ day night |  |  |
| \_\_\_\_ unit(s) insulin for every \_\_\_\_\_ BG points above \_\_\_\_\_\_/ \_\_\_\_\_\_ day night |  |  |
| **Date** | **Breakfast** | **Lunch** | **Snack** | **Dinner** | **Bedtime** | **Other**  | **Other**  | **Long-Acting**  |
| Time | BG | Carbs | Insulin | Time | BG | Carbs | Insulin | Time | BG | Carbs | Insulin | Time | BG | Carbs | Insulin | Time | BG | Carbs | Insulin | Time | BG | Time | BG | **Insulin Dose** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ampm |  | ampm |  | Units: Time:  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ampm |  | ampm |  | Units: Time: |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ampm |  | ampm |  | Units: Time: |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | amPm |  | ampm |  | Units: Time: |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | amPm |  | ampm |  | Units: Time: |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ampm |  | ampm |  | Units: Time: |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ampm |  | ampm |  | Units: Time: |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ampm |  | ampm |  | Units: Time: |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ampm |  | ampm |  | Units: Time: |

* What trends have you noticed and what time of day are you concerned about?

PCH Diabetes Program

Updated 10/24/19